

Missouri

*Student
Edition*

Career Guide 2007



MISSOURI DEPARTMENT OF ECONOMIC DEVELOPMENT



MISSOURI ECONOMIC RESEARCH & INFORMATION CENTER

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Every effort has been made to ensure the accuracy of the information in this guide. MERIC is not responsible for outdated information. All content was current at the time of publication.

Today's Joys, Tomorrow's Jobs

What excites you – electronics, fashion, saving the planet, media, sports? Have you ever thought about turning these joys into a fun, rewarding, well-paying career?

Happy, successful people do what they love – and they generally do it longer and for more pay than people who hate their jobs. How did they get there? By thinking about transforming today's joys into tomorrow's jobs.

Students who are most prepared for the job market have seriously thought about what they want to do when they leave school. This is called self-assessment – the process where you examine personal and career-related goals, interests and values. The next step is figuring out what additional training and education you need to get where you want to go.

This career guide is divided into easy-to-use sections with valuable information to help you fulfill your dreams. While reading this publication will not guarantee success, it will raise your awareness when it comes to effective career exploration and planning.

So start dreaming about tomorrow and best of luck!



PhD, Director of MERIC

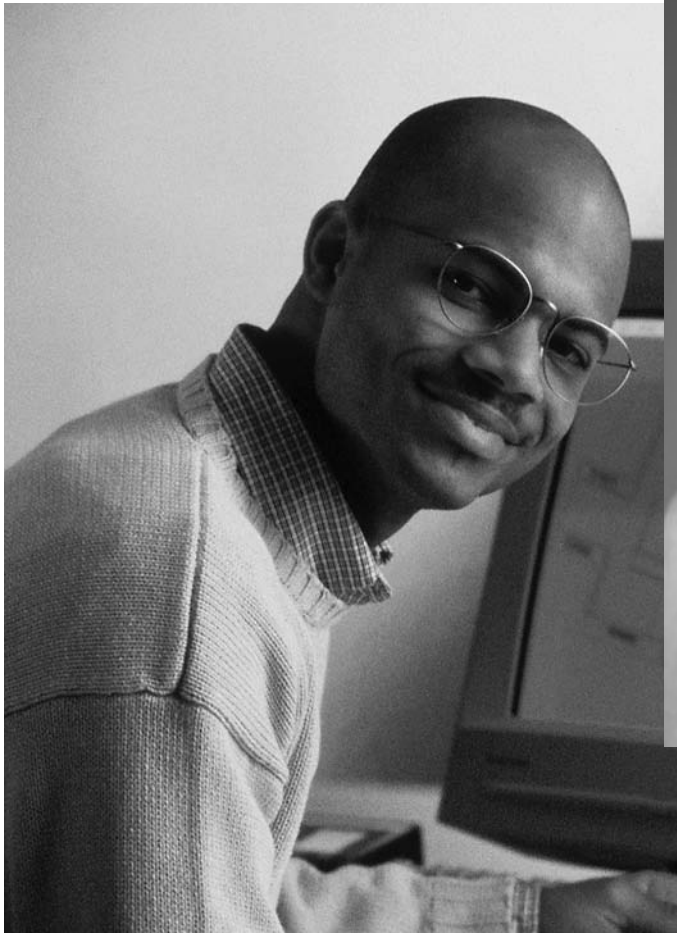


Marty Romitti, PhD,
Director of MERIC

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ASSESSING YOURSELF AND YOUR CAREER



ASSESSING YOURSELF AND YOUR CAREER

Career choice is one of the most important, yet difficult decisions you'll ever have to make. You'll spend at least eight hours a day at work, so it's essential you make a well-informed decision. In order to make a decision you'll be happy with, career planning can be helpful.

Career planning is a lifelong process, which includes choosing an occupation, getting a job, growing in a job, changing careers, and eventually retiring. This may happen once in your lifetime, but it

is more likely to happen several times as you first define and then redefine yourself and your goals.

Career planning also involves evaluating your career goals and how they fit with your life goals. It's assessing your interests, financial needs and geographical living requirements. It's determining what you need to do to be happy, healthy and able to meet your financial obligations.

What to Consider When Developing Your Career Plan

Core Expertise: What are your skills? Are you good with logic? Organization? Do you have technical skills, such as working with computers or mechanics? Do you have experience in a specific field?

Personal Desires: Do you want a balance between work, family and friends? Do you need quality personal time? Is it important to you to work for a company that is socially responsible? Do you desire to work at home, or in a small or a large company setting?

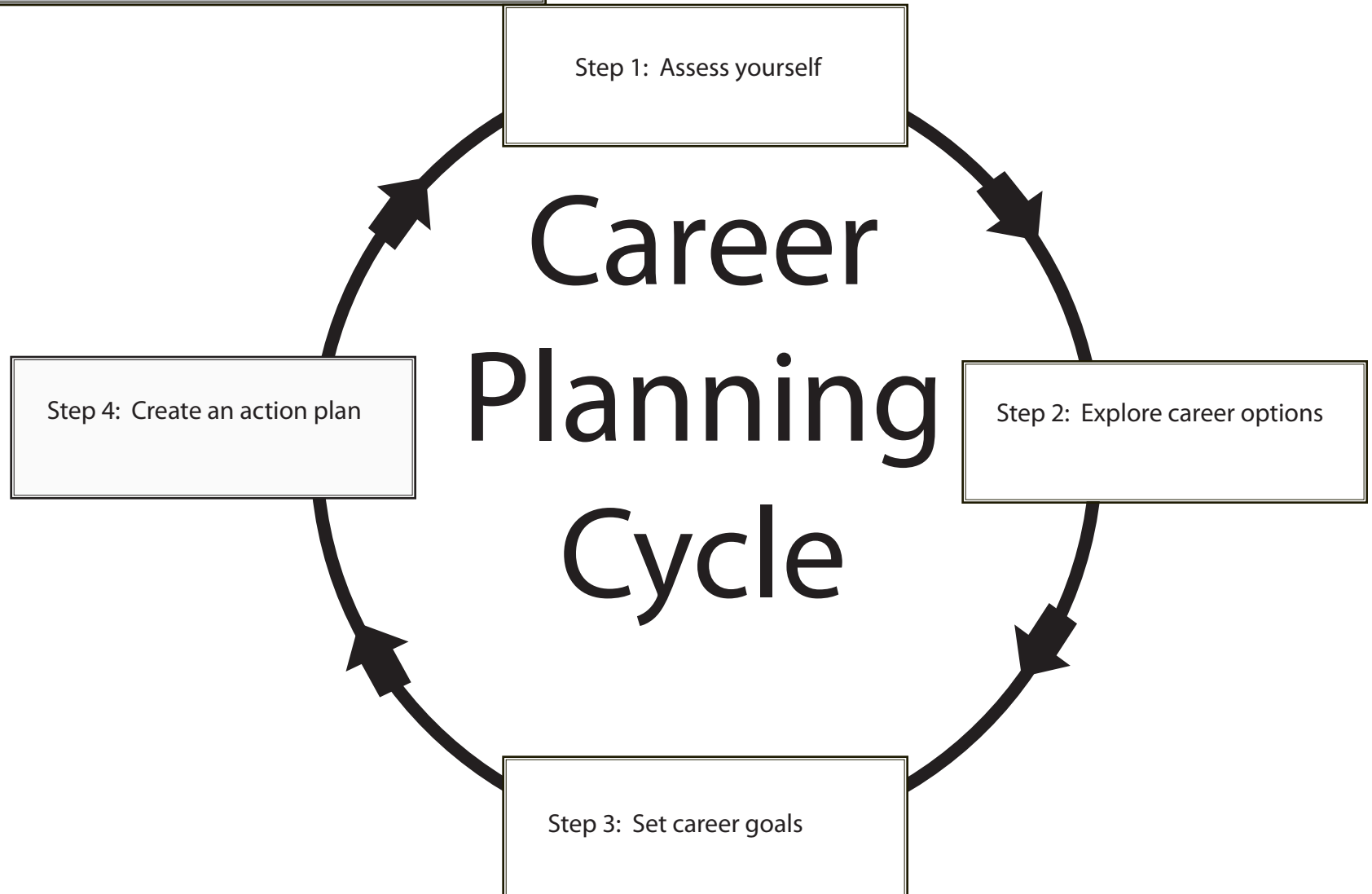
Current & Future Financial Needs: What do you really need, as opposed to really want? Think about your current and long-term financial needs.

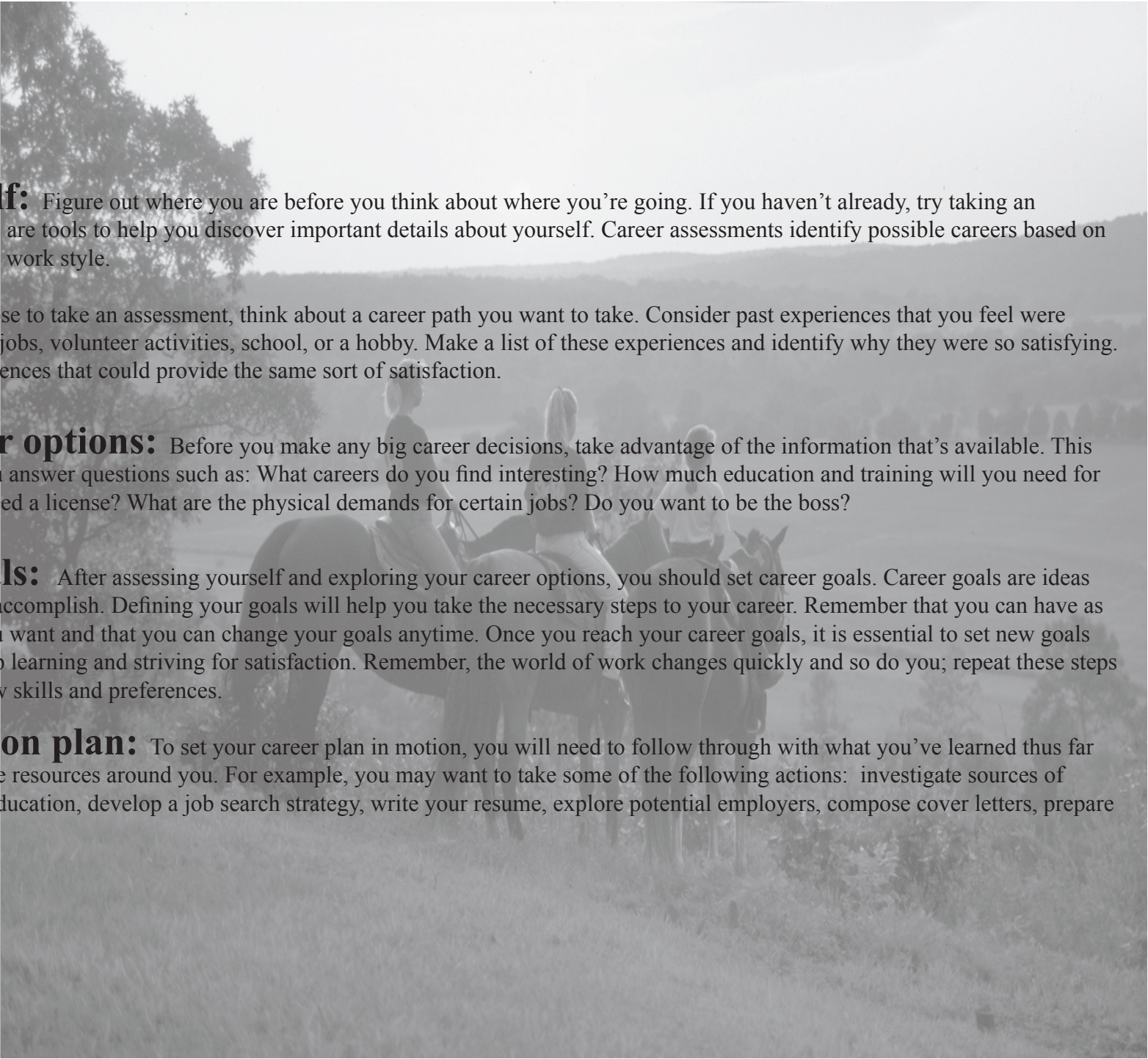
Health: Do you have physical limitations? How much physical energy are you willing to exert in a job? Keep these answers in mind when applying for jobs that require physical ability, such as lifting, working on an assembly line—or even sitting at a computer all day.

Geographic Location: Where do you want to live? Remember: computers and the Internet make communicating much easier today, and offer people more flexibility in where they work and live.

CAREER PLANNING PROCESS

The career planning process is comprised of four steps. These four steps are: assess yourself, explore your career options, set career goals and create an action plan. We'll go into more detail about each step in the next few sections.





Assess yourself: Figure out where you are before you think about where you're going. If you haven't already, try taking an assessment. Assessments are tools to help you discover important details about yourself. Career assessments identify possible careers based on your interests, skills, and work style.

Whether or not you choose to take an assessment, think about a career path you want to take. Consider past experiences that you feel were particularly rewarding—jobs, volunteer activities, school, or a hobby. Make a list of these experiences and identify why they were so satisfying. Think about other experiences that could provide the same sort of satisfaction.

Explore career options: Before you make any big career decisions, take advantage of the information that's available. This information can help you answer questions such as: What careers do you find interesting? How much education and training will you need for certain jobs? Will you need a license? What are the physical demands for certain jobs? Do you want to be the boss?

Set career goals: After assessing yourself and exploring your career options, you should set career goals. Career goals are ideas about what you want to accomplish. Defining your goals will help you take the necessary steps to your career. Remember that you can have as many career goals as you want and that you can change your goals anytime. Once you reach your career goals, it is essential to set new goals that motivate you to keep learning and striving for satisfaction. Remember, the world of work changes quickly and so do you; repeat these steps as needed to develop new skills and preferences.

Create an action plan: To set your career plan in motion, you will need to follow through with what you've learned thus far and take advantage of the resources around you. For example, you may want to take some of the following actions: investigate sources of additional training and education, develop a job search strategy, write your resume, explore potential employers, compose cover letters, prepare for job interviews.

CAREER PATHS

One initial action plan you can take right now is to check out career paths. Career paths are clusters of occupations that require different levels of education and training. There are six career paths that can help you identify a career focus without being locked into a specific occupation. You don't have to choose a specific occupation today, but you can learn about career paths and opportunities in them.

By exploring different career paths, you'll see how math, science, language arts, and social studies are important in lots of careers. If you see a connection between your education/training preparation and the world of work, chances are your education and career training will be more meaningful to you.



What are the six career paths?

Arts & Communication: Occupations in this path are related to humanities and the performing, visual, literary and media arts. These include architecture, graphic design (interior and fashion), writing, film, fine arts, journalism, languages, media, advertising, and public relations.

Business, Management & Technology: Occupations in this path are related to the business environment. These include entrepreneurship, sales, marketing, computer/information systems, finance, accounting, personnel, economics, and management.

Health Services: Occupations in this path are related to the promotion of health and treatment of disease. These include research, prevention, treatment, and related health technologies.

Human Services: Occupations in this path are related to economic, political, and social systems. These include education, government, law and law enforcement, leisure and recreation, military, religion, childcare, social services, and personal services.

Industrial & Engineering Technology: Occupations in this path are related to technologies necessary to design, develop, install, and maintain physical systems. These include engineering, manufacturing, construction, service, and related technologies.

Natural Resources & Agriculture: Occupations in this path are related to agriculture, the environment, and natural resources. These include agricultural sciences, earth sciences, environmental sciences, fisheries, forestry, horticulture, and wildlife.

Now that you have an understanding of career paths, you can begin to discover which one might be right for you. The following exercise allows you to choose activities, interests, personal qualities, and school subjects to determine which career path might be the best fit.

CAREER INVENTORY

Circle each item that relates to you; then total each section:

Activities that sound interesting to me:

- * Preparing medicines in a pharmacy
- * Helping sick people
- * Working with animals
- * Helping with sports injuries
- * Studying anatomy and disease
- * Performing surgery

Personal qualities that describe me:

- * Compassionate and caring
- * Good listener
- * Good at following directions
- * Conscientious and careful
- * Patient

In my free time I would enjoy:

- * Volunteering in a hospital
- * Taking care of pets
- * Exercising

School subjects/activities that I enjoy or do well in:

- * Math
- * Science
- * Biology
- * Chemistry

Total # circled:

Activities that sound interesting to me:

- * Reading or writing stories or articles
- * Designing and building scenery for plays
- * Gardening
- * Taking photographs
- * Acting in a play or movie
- * Listening to/playing music

Personal qualities that describe me:

- * Imaginative
- * Creative
- * Outgoing
- * Using my hands to create things
- * Performer

In my free time I would enjoy:

- * Working on the school newspaper or yearbook
- * Acting in a play
- * Painting pictures, drawing

School subjects/activities that I enjoy or do well in:

- * Social studies
- * Choir/chorus/band
- * Creative writing
- * Art

Total # circled:

Activities that sound interesting to me:

- * Interviewing people
- * Using computer programs
- * Typing letters, forms, banners
- * Keeping records, taking notes
- * Working with numbers
- * Organizing files and paperwork

Personal qualities that describe me:

- * Practical
- * Independent
- * Organized
- * Like to use machines
- * Like to be around people

In my free time I would enjoy:

- * Being in a speech contest or debate
- * Using a computer
- * Volunteering in a local hospital

School subjects/activities that I enjoy or do well in:

- * Speech
- * Language
- * Math
- * Marketing

Total # circled:

Activities that sound interesting to me:

- * Predicting weather
- * Predicting or measuring earthquakes
- * Growing flowers/trees, gardening
- * Studying rocks and minerals
- * Raising fish or other animals
- * Working in a chemistry lab

Personal qualities that describe me:

- * Observant
- * Nature lover
- * Physically active
- * Problem solver
- * Like helping with problems

In my free time I would enjoy:

- * Hiking
- * Participating in FFA or 4-H
- * Experimenting with chemistry

School subjects/activities that I enjoy or do well in:

- * Math
- * Geography
- * Biology
- * Geometry

Total # circled:

Activities that sound interesting to me:

- * Putting things together
- * Designing buildings
- * Working on cars, mechanical things
- * Using advanced math to solve problems
- * Gardening
- * Using tools

Personal qualities that describe me:

- * Practical
- * Like using my hands
- * Logical
- * Observant
- * Good at following instructions

In my free time I would enjoy:

- * Building stage sets for a play
- * Drawing sketches of cars, mechanical things
- * Working on cars

School subjects/activities that I enjoy or do well in:

- * Math
- * Geometry
- * Woodworking
- * Science

Total # circled:

Activities that sound interesting to me:

- * Helping people solve problems
- * Working with children
- * Working with elderly people
- * Working in a team
- * Being involved in politics
- * Solving a mystery

Personal qualities that describe me:

- * Organized
- * Community-minded
- * Outgoing
- * Good at making decisions
- * Good listener

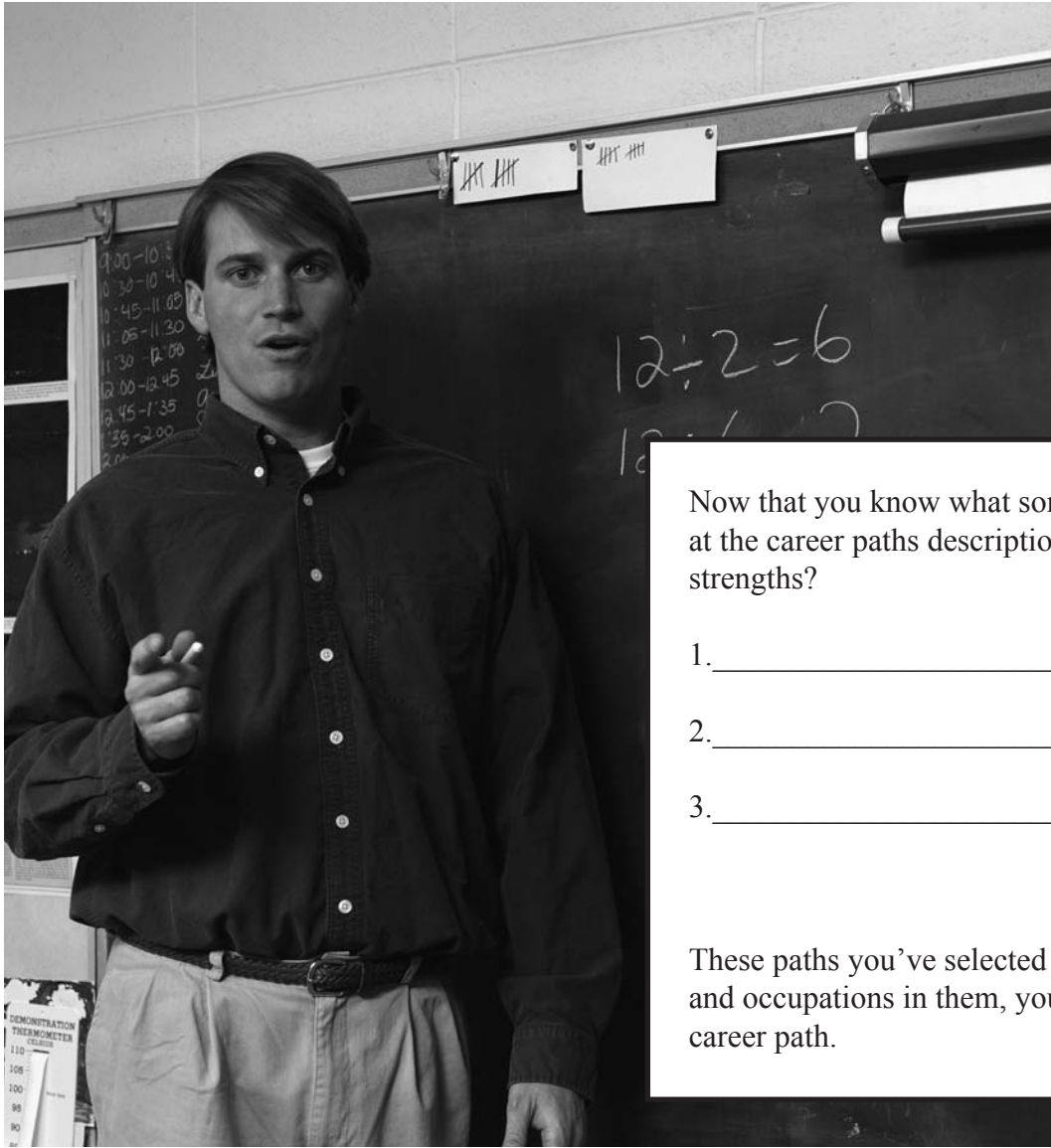
In my free time I would enjoy:

- * Tutoring young children
- * Helping with a community project
- * Coaching children in a sport

Schools subjects/activities that I enjoy or do well in:

- * Language arts
- * History
- * Speech
- * Math

Total # circled:



Now that you know what some of your interests, abilities, and talents are, take another look at the career paths descriptions. Which three career paths do you think best match your strengths?

1. _____
2. _____
3. _____

These paths you've selected are just a starting point. As you find out more about career paths and occupations in them, you may decide that your strengths are best suited to a different career path.

It would be a good idea to review your education/training plan with your school or career counselor. If you have not yet developed one, talk to your counselor about doing so. As you look at your plan, ask which paths can help you gain the knowledge and skills in the career you are exploring. As you move through life, even if your direction changes, many of the skills and the knowledge you learn can transfer to other career paths. Looking at your plan of study through the lens of career paths can help provide a more relevant purpose to your career goals.

CAREER AWARENESS

Take an inventory of your likes, dislikes, personal characteristics, values, wants and needs. It is the first part of the career planning process. Before you can decide what you want to be, you first have to discover who you are. People change, grow and develop. Everyone should reassess themselves periodically in relation to their career goals.

SELF-ASSESSMENT

Interests: Interests are the things we enjoy doing, and can give us clues about work or career interests. Fixing things, cooking, using computers, and caring for children are just a few examples of leisure time activities that can be converted into careers.

Personality: Personality can be defined as a combination of emotional and behavioral characteristics that can indicate strengths and weaknesses. Different careers fit with different personality traits. For example, an outgoing, friendly person who enjoys meeting and talking to people all day would be suited for jobs in sales, customer service or public relations.

Skills: Skills are acquired from work experience, community service and other roles people have had in their lives. Skills are divided into three types:

Transferable or functional skills: Skills that can be carried from one job to another.

Self-management or adaptive skills: Self-management skills are strengths people have developed through life and work experience, or from exposure to role models. They are also behaviors learned in families and from significant others. Certain self-management skills are very important in some occupations, less important in others. Matching occupational choices to strengths is a very important factor in career or occupational choice.

Technical or work content skills: Skills learned through training can often be applied to a narrow range of occupations. Sometimes recognizing the satisfaction generated from using these skills can indicate alternative career choices.

Self-Assessment (continued)

Abilities: Abilities often indicate potential in a particular area. With training, ability may turn into career options. People often take for granted the skills that come easily to them. It is precisely those areas that should be explored.

Work Values: Work values are the motivation or personal needs required for job satisfaction. Looking at work values also helps people prioritize what role work plays in their lives. As adults grow and mature, some of their values may change. A job or career chosen at age 20 may not match the values of a person at age 40 or 50.

Lifestyle & Financial Considerations: The way people prefer to live their lives and how their career and occupational choices affect those preferences. Through assessment of lifestyle, individuals can evaluate how their career decisions impact how they live, the significant people in their lives, and whether there are existing or potential barriers to overcome. One very important consideration is one's financial needs. Knowledge of monthly expenses and having realistic financial goals can help in choosing appropriate occupations.

Preferred Work Environment: Preferences regarding people, environments, living and working conditions can be just as important as what a person chooses to do. Work environment can play a large part in how people feel about their jobs. Often a person's comfort level with the work environment can make the difference between a successful and an unsuccessful career choice.

LEARN ABOUT YOURSELF

Have you done a self-assessment lately? There are many instruments to assist you with your self-assessment, both informal exercises and formal tests/inventories. Some are available at your high school. If you've taken a self-assessment inventory, it might be a good idea to review your results. If you need some resources, here are online inventories to try out.

www.onetcenter.org (in 'Products' folder)

www.bridges.com (in 'Products and Services,' 'High School')

www.workkeys.com

WorkKeys® assessments give students and workers reliable, relevant information about real world skills employers feel are critical to job success, such as applied math and technology, business writing, listening, locating information, observation, overall job readiness, reading for information, teamwork and writing. After the assessment is complete, you are informed how your skills compare to specific job requirements, providing you a targeted solution that saves you time and money. WorkKeys® assessments are currently offered at several Missouri Career Centers and other partner agencies. Please use the listing on pages 51-52 to contact a Missouri Career Center near you for more information.

Good luck and have fun learning about yourself!

THE HOLLAND PARTY EXERCISE

MATCHING OCCUPATIONS TO PERSONALITY

When your job matches your interests and your personality, you are more likely to be happy and successful in your work. Consider working in an occupation that fits your personality.

The following exercise is based on the work of John Holland, a career theorist who looked at the relationship between interests and occupational fit. As you complete the exercise, you will be identifying your top interest categories.



INSTRUCTIONS FOR THE HOLLAND PARTY EXERCISE

Imagine you are at a party with six different groups of people gathered around the room.

Read the descriptions of the six Holland Types (Realistic, Artistic, Investigative, Social, Enterprising, Conventional). Imagine yourself joining the group of people that you would most enjoy being with. If several groups appeal to you, pick the one that appeals to you most. Write down the first letter of the name of that group on the following page under “Top Choices.”

Pretend all the members of your group have left the party and you decide to join another group. What would be your second choice? Write down the first letter of your second choice next to your first choice under “Top Choices.” Can you make a third choice? If so, write down the first letter of your third choice, next to the first and second.

HOLLAND TYPES (Adapted from the *Self-Directed Search* by John L. Holland, Ph.D.)

Realistic (Adventuring/Producing)

Interested in athletics, good with their hands, prefer to work with objects, machines, plants or animals rather than people. Prefer to do the job without a lot of talk or argument, do it right the first time, get to the point.

Investigative (Analytic)

Like to observe, learn, evaluate, or solve problems. This type is associated with scientific/academic pursuits. Prefer to analyze a problem, evaluate options and data, set a plan of action, and analyze the results.

Artistic (Creative)

Interested in artistic expression. Like to work in unstructured situations using imagination and creativity. Prefer creative approach to problem-solving and planning which relies heavily on intuition and imagination.

Social (Helping)

Like to work with people in some helping capacity—informing, teaching, developing, curing people. Prefer to gather data from all involved parties before generating an action plan. Will try to find equitable solutions for all concerned. Adept at networking with people.

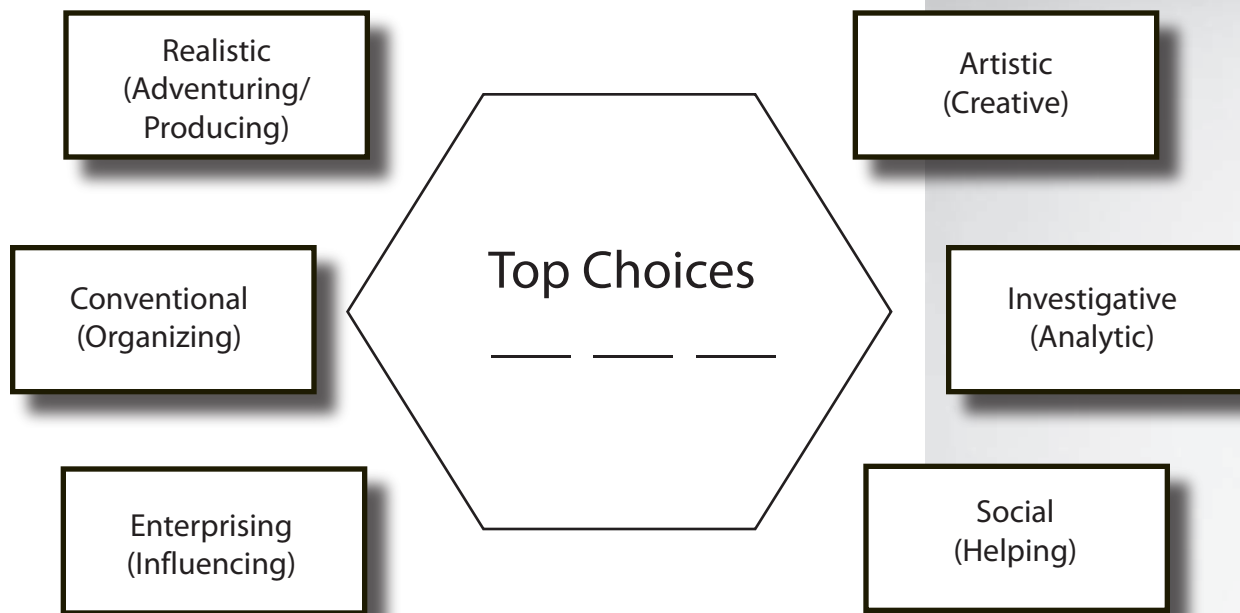
Enterprising (Influencing)

Like to work with people in a leadership capacity—managing, performing, persuading, influencing, often for organizational or political goals or economic gain. Prefer to investigate a direct plan of action to be carried out by others. Focus on achieving the goal, not concerned with minor details. Likes to keep big picture in mind.

Conventional (Organizing)

Like to work with data, numbers, more than people. Like detail, tangible products, and have little tolerance for ambiguity. Like following others; like instructions rather than being in charge. Prefer to follow a defined structured plan of action. Attentive to details. Enjoy putting all the pieces of a plan together.





Holland classifies occupations into six major groups (using 2- or 3-letter codes). These codes correlate with the interests of people in each occupation. According to this model, if you share a lot of interests with people in an occupation, you would probably prefer that occupation. Holland surmised that people would be most satisfied in work environments related to their interests. Determining your interests is only one component of making effective career choices. There's also your values, skills, and personality to consider. We encourage you see beyond the Holland model and apply what you've learned to the larger context of your life.

Indicate which interest types represent your first, second, and possible, third choices. Your top two or three choices represent your Holland code (for example: IA, or IAS)



HOLLAND'S OCCUPATIONS BY CATEGORY

Realistic Theme

Mechanical/Fixing
Electronics
Carpentry
Manual/Skilled Trades
Protective Services
Athletic/Sports
Nature/Outdoors
Animal Service

Investigative Theme

Mathematics
Scientific Research/Development
Medical Science

Artistic Theme

Writing
Creative Arts
Performing/Entertaining

Social Theme

Community Service
Educating
Medical Service
Religious Activities

Enterprising Theme

Public Speaking
Law/Politics
Management/Supervision
Sales

Conventional Theme

Office Practices
Clerical/Clerking
Food Service

Realistic Theme

Aircraft Mechanic
Aircraft Pilot
Animal Trainer
Auto Mechanic
Bus Driver
Camera Repair Technician
Carpenter
Conservation Officer
Dental Lab Technician
Drafter
Electrician
Emergency Medical Technician
Farmer/Rancher
Firefighter
Forest Ranger
Hardware Store Manager
Janitor
Machinist
Mail Carrier
Military Enlisted
Military Officer
Musical Instrument Repairer
Orthotist/Prosthetist
Painter
Park Ranger
Pipefitter/Plumber
Police Officer
Printer
Radio/TV Repairer
Security Guard
Sheet-Metal Worker
Telephone Repairer
Tool/Die Maker
Truck Driver

Investigative Theme

Biologist
Chemist
Chiropractor
Computer Programmer
Computer Scientist
Dental Hygienist
Dentist
Dietitian
Economist
Electronic Technician
Engineer
Mathematician
Math/Science Teacher
Medical Lab Technician
Pharmacist
Physical Therapist
Physician
Psychologist
Radiological Technician
Respiratory Therapy Technician
Surveyor
Veterinarian

Artistic Theme

Advertising Artist/Writer
Advertising Executive
Architect
Author/Writer
Chef
Interior Designer
Legal Assistant
Librarian
Musician
Newspaper Reporter
Photographer
Piano Technician

Social Theme

Athletic Trainer
Child Care Assistant
Cosmetologist
Counselor-Chemical Dependency
Elementary School Teacher
Guidance Counselor
Licensed Practical Nurse
Nurse's Aide
Occupational Therapist
Operating Room Technician
Registered Nurse
Religious Leader

Enterprising Theme

Barber/Hairstylist
Buyer/Merchandiser
Card/Gift Shop Manager
Caterer
Elected Public Official
Florist
Food Service Manager
Hospital Administrator
Hotel/Motel Manager
Insurance Agent
Lawyer
Manufacturing Representative
Personnel Manager
Private Investigator
Purchasing Agent
Real Estate Agent
Reservation Agent
Restaurant Manager
Travel Agent

Conventional Theme

Accountant
Bank Manager
Bank Teller
Bookkeeper
Cafeteria Worker
Court Reporter
Data Input Operator
Dental Assistant
Executive Housekeeper
Medical Assistant
Pharmacy Technician
Secretary
Teacher's Aide
Waiter/Waitress

CAREER EXPLORATION

Our world is changing faster than ever before. New technologies are affecting every aspect of our lives—how we work, how we learn, how we communicate, and how we spend our spare time. With all these changes come new opportunities in education and the world of work. You have hundreds of choices available to you, so it is important to spend some time investigating the different options.

Regardless of where you are in your career decision-making process, you can start taking steps now toward finding a career that's right for you.

Questions you might want to think about while you explore careers:

- What do people do in this career?
- In what type of environment do people in this career work?
- What kind and how much training is needed to enter this career?
- What are the opportunities in this career?

For Missouri career profiles, career grades, top employing occupations and highest and lowest paying occupations, check out the Missouri Economic Research and Information Center's web page at:

www.missourieconomy.org/occupations/

Another valuable website to find state and national occupational information (profiles, wages, highest-paying, fastest-growing, declining occupations, etc.), industry information (profiles, fastest-growing, largest, declining industries, etc.), and state information (profiles and labor market links) can be found at:

www.acinet.org

One website with links to career profiles in varied industries can be found at:

www.careervoyages.gov



WHAT'S O*NET?

O*NET, the Occupational Information Network, is a comprehensive, online database of worker attributes and job characteristics. It is a timely, user-friendly resource that supports public and private sector efforts to identify workforce skills. It provides a common language for defining and describing occupations. Its flexible design also captures rapidly changing job requirements.

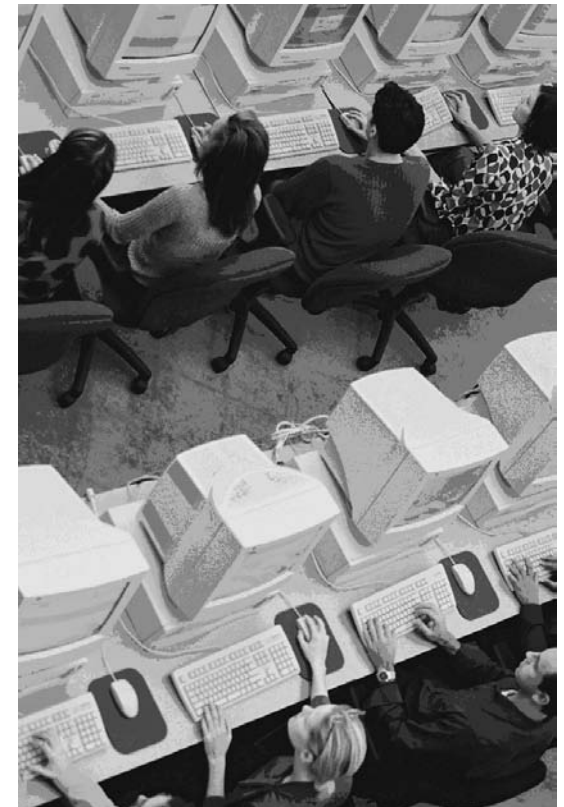
O*NET provides the essential foundation for assisting career counseling, education, employment, and training activities. The database contains information about knowledge, skills, abilities (KSAs), interests, general work activities (GWAs), and work context. O*NET can also show you related occupations, education requirements, and current labor market information (wages, openings and outlook).

O*NET may be used to:

- Create occupational clusters based on KSA information
- Explore job descriptions or specifications and resumes
- Assist employee training and development initiatives
- Develop and supplement assessment tools to identify worker attributes
- Create skills-match profiles
- Explore career options that capitalize on individual KSA profiles
- Improve vocational and career counseling efforts
- Develop resumes to match individuals to occupations

*Two of the more user-friendly features of O*NET Online are the Skills Search and the Find Occupations pages which can be accessed from the O*NET home page at:*

<http://online.onetcenter.org/>



O*NET (Continued)

There are two ways to explore **O*NET**:

- The **Find Occupations** page allows you to browse by occupational descriptors: (Knowledge, Skills, Abilities and Interests), by job family (from Architecture and Engineering to Transportation and Material Moving), and by high growth industry. This page links to Wage and Employment information and America's Career Information Network, a national and state comparison of wages and employment.
- The **Skills Search** page allows users to select from a list of skills, which are then matched to occupations.

The following categories are examples of some of the options **O*NET** allows you to explore:

Basic Skills: Mathematics, Writing, Reading, Listening, etc.

Cross-Functional Skills: Skills that transfer between tasks such as Problem Identification, Resource Management, etc.

Generalized Work Activities: General types of job behaviors (Organizing, Planning and Prioritizing Work, Interacting with Computers, etc.) occurring on multiple jobs.

Interests: Occupational types that can be connected with a worker's personal interests to indicate which occupations would be most fulfilling.

Work Styles: Work style characteristics that can connect what is important to a worker with occupations that reflect or develop those values, such as Initiative, Achievement, Recognition, etc.

Work Context: Physical and social factors that influence the nature of work, such as physical and structural work characteristics.

Experience and Training: "Job Zones" that distinguish the levels of education and training connected to occupations.



TRAINING & EDUCATION



TRAINING & EDUCATION

Missouri has many educational and training opportunities. Programs vary in length, location, cost, eligibility requirements and career focus – whatever your interest, Missouri has a program or school for you. Use this information as a guide only. Once you’ve found the program, school or military career right for you, search the Internet, visit career centers, network with friends and alumni, and seek out school counselors, career counselors, mentors and teachers.

MISSOURI EDUCATION AND CAREER HOTLINK (MECH)

For a list of educational institutions offering post-secondary education (2 & 4 year public and private schools, technical/professional schools, and private proprietary schools), visit the MECH at:

www.greathires.org/mech/

Program information for each institution is listed by program name, degree type, course length, and cost information as well as an interactive map to the school location and links to each school’s individual website. Occupational career information presented includes wage data and projected employment trends by state and region.

Also included in this site are the following searches:

- Search for institutions by program and city name
- Search for institutions by occupation
- Search by institution name
- Search by program name

Workforce Information by occupation:

- Fastest growing
- Most openings

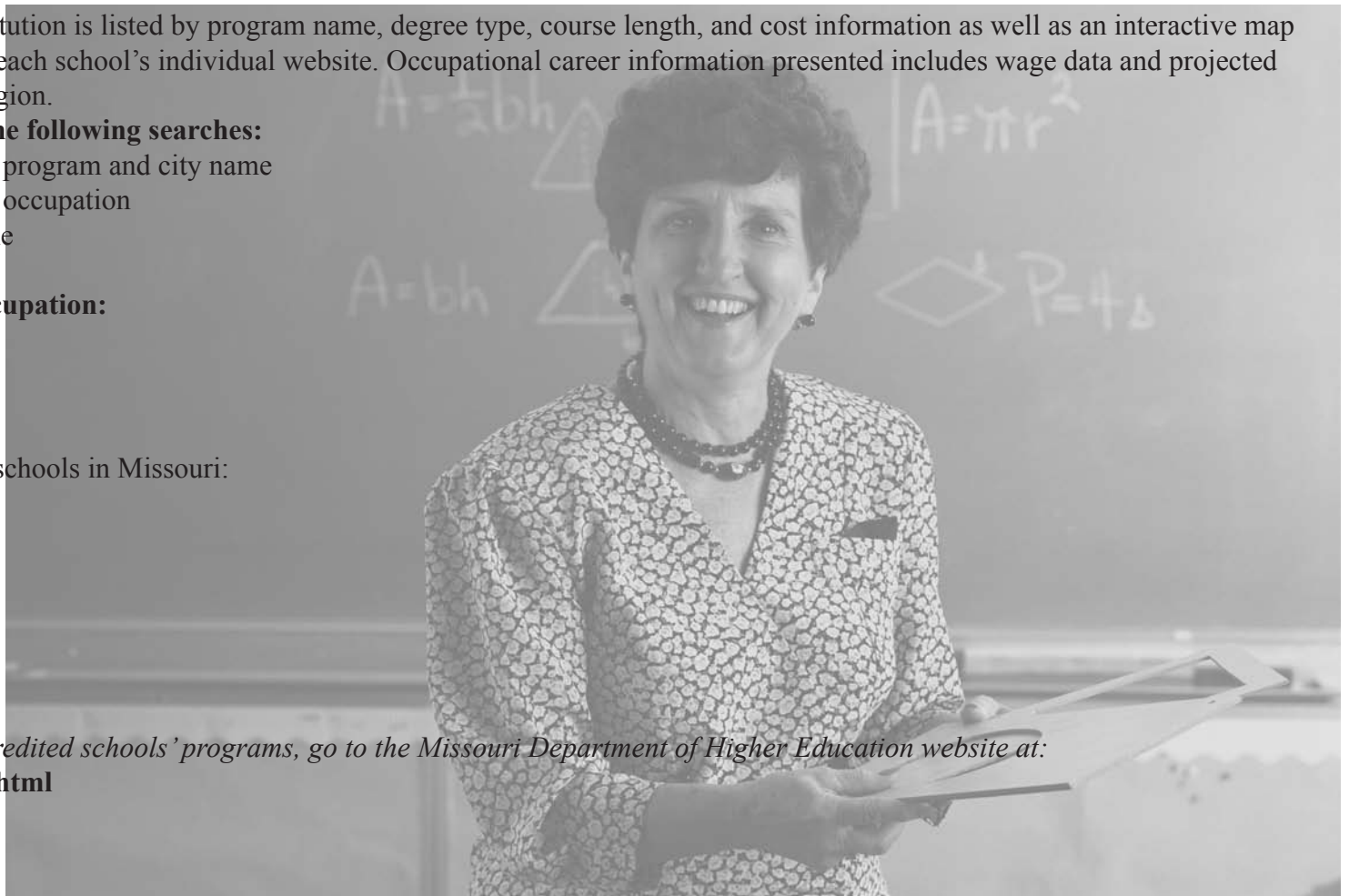
SCHOOL TYPES

There are seven different types of schools in Missouri:

- Professional/Technical
- Independent two-year
- Independent four-year
- Public two-year
- Public four-year
- Theological
- Proprietary.

For a complete listing of each accredited schools’ programs, go to the Missouri Department of Higher Education website at:

www.dhe.mo.gov/degreeearch.shtml



PROFESSIONAL/TECHNICAL

These degree and non-degree granting institutions' programs are designed to prepare students for direct entry into the workforce. Missouri's professional and technical institutions have a very strong focus on health care—a field with strong growth and excellent prospects.

Kirksville College of Osteopathic Medicine
(includes A.T. Still Univ. of Health Sciences)
800 West Jefferson St.
Kirksville, MO 63501
(866) 626-2878
<http://www.kcom.edu>

Cleveland Chiropractic College
6401 Rockhill Road
Kansas City, MO 64131
(800) 467-CCKC
<http://www.clevelandchiropractic.edu>

Barnes Jewish College of Nursing and Allied Health
306 South Kingshighway Blvd.
St. Louis, MO 63110
(314) 454-7055
<http://www.barnesjewishcollege.edu>

Kansas City Art Institute
4415 Warwick Boulevard
Kansas City, MO 64111
(816) 474-5224
<http://www.kcai.edu>

Kansas City University of Medicine and Biosciences
1750 Independence Boulevard
Kansas City, MO 64106
<http://www.kcumb.edu>

Cox College of Nursing and Health Sciences
1423 N. Jefferson Avenue
Springfield, MO 65802
(417) 269-3175
<http://www.coxcollege.edu>

Logan College of Chiropractic
1851 Schoettler Rd.
Chesterfield, MO 63017-5529
(800) 782-3344
<http://www.logan.edu>

Ranken Technical College
4431 Finney Avenue
St. Louis, MO 63113
(866) 4-RANKEN
<http://www.ranken.edu>

Southeast Missouri Hospital College of Nursing & Health Sciences
2001 William Street
Cape Girardeau, MO 63701
(573) 334-6825
<http://www.southeastmissourihospital.com/college>

St. Louis College of Pharmacy
4588 Parkview Place
St. Louis, MO 63110
(800) 2-STLCOP
<http://www.stlcop.edu>



INDEPENDENT TWO-YEAR

These schools, known as private schools, are mainly supported by private funds and feature programs that traditionally take two years to complete.

Cottey College
1000 W. Austin
Nevada, MO 64772
(888) 5-COTTEY
<http://www.cottey.edu>

An independent, residential, liberal arts and sciences college for women.

Wentworth Military Academy
1880 Washington Avenue
Lexington, MO 64067
(800) 962-7682
<http://www.wma1880.org>

A coed boarding military school and junior college.

INDEPENDENT FOUR-YEAR

These schools, known also as private schools, are mainly supported by private funds, whose programs traditionally take four years to complete. Missouri has some of the best independent institutions in the world, like the world-class Washington University.

Avila University
11901 Wornall Road
Kansas City, MO 64145
(800) GO-AVILA
<http://www.avila.edu>

Columbia College
1001 Rogers Street
Columbia, MO 65216
(573) 875-8700
<http://www.ccis.edu>

Evangel University
1111 N. Glenstone
Springfield, MO 65802
(417) 865-2815
<http://www.evangel.edu>

Central Methodist University
411 Central Methodist Sq.
Fayette, MO 65248
(877) CMU-1854
<http://www.centralmethodist.edu>

Culver-Stockton College
One College Hill
Canton, MO 63435
(573) 288-6000
<http://www.culver.edu>

Fontbonne University
6800 Wydown Boulevard
St. Louis, MO 63105
(314) 862-3456
<http://www.fontbonne.edu>

College of The Ozarks
P.O. Box 17
Point Lookout, MO 65726
(800) 222-0525
<http://www.cofo.edu>

Drury University
900 N. Benton Avenue
Springfield, MO 65802
(417) 873-7879
<http://www.drury.edu/home>

Hannibal-La Grange College
2800 Palmyra Road
Hannibal, MO 63401
(573) 221-3675
<http://www.hlg.edu/>

Lindenwood University
209 South Kingshighway
St. Charles, MO 63301
(636) 949-4949
<http://www.lindenwood.edu>

Maryville University of Saint Louis
650 Maryville University Dr.
St. Louis, MO 63141
(800) 627-9855
<http://www.maryville.edu>

Missouri Baptist University
One College Park Dr.
St. Louis, MO 63141
(314) 414-1115
<http://www.mobap.edu>

Missouri Valley College
P.O. Box 1000
Marshall, MO 65340
(660) 831-4000
<http://www.moval.edu>

Park University
8700 NW River Park Drive
Parkville, MO 64152
(816) 741-2000
<http://www.park.edu>

Rockhurst University
1100 Rockhurst Road
Kansas City, MO 64110
(816) 501-4000
<http://www.rockhurst.edu>

Saint Louis University
221 N. Grand Blvd.
St. Louis, MO 63103
(800) SLU-FOR-U
<http://www.slu.edu>

Southwest Baptist University
1600 University Avenue
Bolivar, MO 65613
(417) 328-5281
<http://www.sbuniv.edu>

Stephens College
1200 E. Broadway
Columbia, MO 65215
(573) 422-2211
<http://www.stephens.edu>

Washington University
One Brookings Drive
St. Louis, MO 63130
(314) 935-6000
<http://www.wustl.edu>
Washington University's medical school
was recently ranked No. 3 in the nation;
the university itself tied for No. 11 by *U.S.*
News & World Report.

Webster University
470 East Lockwood Ave.
St. Louis, MO 63119
(314) 968-6900
<http://www.websteruniv.edu>

Westminster College
501 Westminster Avenue
Fulton, MO 65251
(573) 642-3361
<http://www.westminster-mo.edu>

William Jewell College
500 College Hill
Liberty, MO 64068
(816) 781-7700
<http://www.jewell.edu>

William Woods University
One University Avenue
Fulton, MO 65251
(800) 995-3159
<http://www.wmwoods.edu>



PUBLIC TWO-YEAR

These schools, known as community colleges, are mainly supported by public funds, whose programs traditionally take two years to complete. Linn State Technical College, although a technical school, is included in this category because of its two-year curricula.

Crowder College
601 Laclede Avenue
Neosho, MO 64850
(417) 451-3223
<http://www.crowder.edu>

East Central College
1964 Prairie Dell Road
Union, MO 63084
(636) 583-5193
<http://www.eastcentral.edu>

Jefferson College
1000 Viking Drive
Hillsboro, MO 63050
(636) 797-3000
<http://www.jeffco.edu>

Linn State Technical College
One Technology Drive
Linn, MO 65051
(573) 897-5196
<http://www.linnstate.edu>

Metro Community College
Blue River (Independence,
Blue Springs)
Business & Technology (KC)
Longview
Maple Woods (KC)
Penn Valley (KC)
<http://www.mcckc.edu>

Mineral Area College
5270 Flat River Road
Park Hills, MO 63601
(573) 431-4593
<http://www.mineralarea.edu>

Moberly Area Community College
101 College Avenue
Moberly, MO 65270
(660) 263-4110
<http://www.macc.edu>

North Central Missouri College
1301 Main Street
Trenton, MO 64683
(660) 359-3948
<http://www.ncmissouri.edu>

Ozarks Technical Community College
1001 East Chestnut Expressway
Springfield, MO 65802-3625
(417) 447-7500
<http://www.otc.edu>

Missouri State University-Mountain Grove
9740 Red Springs Rd.
Mountain Grove, MO 65711
(417) 547-7500
<http://mtngrv.missouristate.edu>

Missouri State University-West Plains
128 Garfield
West Plains, MO 65775
(417) 255-7255
<http://www.wp.missouristate.edu>

St. Charles Community College
4601 Mid Rivers Mall Drive
St. Peters, MO 63376
(636) 922-8000
<http://www.stchas.edu>

St. Louis Community College
Florissant Valley
Forest Park
Meramec
<http://www.stlcc.cc.mo.us/>

State Fair Community College
3201 W. 16th Street
Sedalia, MO 65301
(660) 530-5800
<http://www.sfcc.cc.mo.us>

Three Rivers Community College
2800 Three Rivers Blvd.
Poplar Bluff, MO 63901
(877) TRY TRCC
<http://www.trcc.edu>



PUBLIC FOUR-YEAR

These schools are mainly supported by public funds, whose programs traditionally take four years to complete. The University of Missouri, with three campuses and its flagship in Columbia, is one of the most comprehensive and prestigious 4-years institutions in the United States and the largest in the state.

Central Missouri State University P.O. Box 800 Warrensburg, MO 64093 (660) 543-4111 http://www.cmsu.edu	Missouri Western State University 4525 Downs Drive St. Joseph, MO 64507 (816) 271-4200 http://www.missouriwestern.edu	Truman State University 100 East Normal Kirksville, MO 63501 (660) 785-4000 http://www.truman.edu	University of Missouri-St. Louis One University Blvd. St. Louis, MO 63121 (314) 516-5000 http://www.umsu.edu
Harris-Stowe State University 3026 Laclede Avenue St. Louis, MO 63103 (314) 340-3300 http://www.hssu.edu	Northwest Missouri State University 800 University Drive Maryville, MO 64468 (800) 633-1175 http://www.nwmissouri.edu	University of Missouri-Columbia 105 Jesse Hall Columbia, MO 65211 (573) 882-2121 http://www.missouri.edu	
Lincoln University 820 Chestnut Jefferson City, MO 65101 (800) 521-5052 http://www.lincolnu.edu	Southeast Missouri State University One University Plaza Cape Girardeau, MO 63701 (573) 651-2000 http://www.semo.edu	University of Missouri-Kansas City 5100 Rockhill Road Kansas City, MO 64110 (816) 235-1000 http://www.umkc.edu	
Missouri Southern St. University 3950 E. Newman Road Joplin, MO 64801 (866) 818-6778 http://www.mssu.edu	Missouri State University 901 South National Avenue Springfield, MO 65897 (417) 836-5000 http://www.missouristate.edu	University of Missouri-Rolla 1870 Miner Circle Rolla, MO 65409 (573) 341-4111 http://www.umsr.edu	

THEOLOGICAL/PROPRIETARY

Theological schools, usually private, feature programs focusing on religion or religious studies. There are over 150 privately owned and controlled schools and out-of-state institutions in Missouri. Courses of study range from taxes and taxidermy to aviation and auctioneering. Also known as private career schools, many of these schools offer degree or less than degree level programs.

For complete listings, go to:

<http://www.dhe.mo.gov/degreeesearch.shtml>

CAREER TECHNICAL

These institutions typically offer career-oriented coursework and enable students to earn a certificate of completion during a six to 18 month time frame. Much of the instruction in these types of schools is hands on and you will enjoy the benefit of a small class with plenty of individual attention. Certificates can be earned in numerous fields including truck driving, auto mechanics, electricians, paralegals, computer programming and heavy machinery operators, to name a few. In addition to accelerated programs, a wide variety of career paths and individual attention, most career technical schools are much less costly than other higher education options.

For a list of career technical schools, visit the Missouri Department of Elementary and Secondary Education website at:
http://dese.mo.gov/links/School_Home_Pages/Career_Technical_Schools/

APPRENTICESHIPS

An apprenticeship program is a sound alternative to a four-year degree, especially if you're unsure about college. Apprenticeships offer the best of both worlds – paid work experience and related technical instruction. It's a chance to learn a skilled profession and increase your knowledge and skills while earning a good wage.

Through an apprenticeship, you can gain skills in well-paid occupations like:

Carpenter Tool & Die Maker Bricklayer Electrician Firefighter Chef

Machinist Communications Operator Truck Driver Construction Worker

After completing an apprenticeship, you will not only know the industry, your wages will be proportionate to your newly acquired workplace skills. As your skills increase, your wages and marketability will increase accordingly. Investigate the industry you'd like to apprentice with. You'd be surprised how many offer apprenticeships.



Apprenticeship Resources

- Registered Apprentice Program

The U.S. Department of Labor's Registered Apprenticeship website offers contacts, links and tools for individuals interested in pursuing an apprenticeship.

www.doleta.gov/oa

- Great Hires

Missouri's on-line job resource offers apprenticeship opportunities.

www.greathires.org/mech/owa/dese.all_site1

- XPDNC Labor Directory

Features international apprenticeship links.

www.xpdnc.com/links/apprent.html



GED

Many people who did not finish high school have knowledge and skills comparable to people who did graduate. The GED (General Educational Development) test is a battery of five multiple-choice tests that ask questions about subjects covered in high school. The exam covers reading, mathematics, social studies, science and writing skills. The writing skills portion includes a 200-word essay. The exam takes about seven hours to complete.

Most colleges and employers accept a GED certificate as being equivalent to a high school diploma. The GED test is given throughout Missouri, and each year more than 10,000 Missouri residents earn their GED.

Only those who are at least 16 years old and no longer enrolled in high school are eligible to take the GED test.

http://dese.mo.gov/divcareered/ged_index.htm

GED Facts

- One out of every seven people who receive high school diplomas each year earns that diploma by passing the GED test.
- Ninety percent of colleges and universities recognize the GED. Passing the GED test puts a person in the upper 25th percentile in terms of class rank, and lets colleges know the person has the skills and knowledge equivalent to applicants from traditional high schools.
- More than 95 percent of employers nationwide employ GED graduates on the same basis as high school graduates in terms of hiring, salary, and opportunity for advancement.
- Sixty-five percent of GED test-takers plan to enter college, a university, trade or technical school, or business school during the next year.
- The average age of persons taking the GED tests is 24.7 years old.

ADULT EDUCATION & LITERACY

Adult Education & Literacy instruction is designed to teach persons 16 years of age or older to read and write English and to substantially raise their educational level.

The purpose of the program is to expand the educational opportunities for adults and to establish programs that will enable all adults to acquire the basic skills necessary to function in society, allowing them to secure training to become more employable, productive and responsible citizens. This type of instruction will allow adults to continue their education through completion of secondary school.

The contact information for each of the 43 Missouri Adult Education Programs can be found at:

http://dese.mo.gov/divcareered/acl_mo_program.htm

MILITARY

The military can provide numerous occupational options for those who do not wish to enter higher education or the civilian workforce immediately. The military can provide you with highly valuable, real-world, hands-on training and instruction in careers ranging from computer programming to pharmacology. Joining the military may also provide you with travel opportunities and international experience. If you're looking for ways to afford an education, Uncle Sam can help. Being a member of the United States armed forces entitles you to job training, 100% tuition reimbursement, continuing education, financial aid, loan repayment, health care, retirement and a host of other benefits.

Air Force

The US Air Force offers more than a hundred jobs, from pilot to engineer, doctor and nurse. Like all branches of the Armed Forces, the Air Force provides you with real-life work experience and advances your education. The Community College of the Air Force is the only degree-granting institution of higher learning in the world dedicated exclusively to enlisted people – leading to a job-related, two-year Associate in Applied Science degree.

www.airforce.com

Army

What career paths does the Army offer? Administration and support, combat, computers and technology, intelligence and combat support, legal and law enforcement, mechanics, medical and emergency, transportation and aviation, even training as a broadcast technician, graphic designer, translator, journalist or musician. The US Army offers programs to help you pay for college, pay off existing student loans while enlisted, attend one of over 1,600 community colleges and four-year universities during army service, even go to a virtual college while enlisted, at eArmyU.

www.goarmy.com

Coast Guard

With careers in communications, maritime operations, electronics, engine maintenance, aviation mechanics, the Coast Guard can help defray the cost of a career education through the Montgomery GI Bill or the College Student Pre-Commissioning Initiative, a scholarship program for college sophomores. The Initiative provides full payment of school tuition, fees, textbooks, a monthly salary, medical insurance and other benefits during a student's junior and senior year of college.

www.gocoastguard.com

Marine Corps

The Marine Corps College Fund, in combination with the Montgomery GI Bill, provides almost all funding necessary for a college education. The Corps also offers the Service Members Opportunity Colleges degree program for active duty members. The website lets you select your current educational status – high school student or graduate, college student or graduate—to see the available occupations.

www.marines.com

Navy

What's a sailor? These days, a nuclear propulsion officer, avionics specialist, nurse, etc. The navy has several education programs and benefits, including the Navy College Fund, the Service Members Opportunity Colleges degree program, the Navy College Program for Afloat College Education and the Navy College Assistance/Student Headstart (CASH) program, which offers full pay and benefits while attending college. The Navy's site also lets you tailor occupation to education, and its Life Accelerator can help you focus on a career path.

www.navyjobs.com

FINANCING

Financing your education need not involve working three jobs or overtime for years. Numerous federal, state and private programs offer outright grants, loans, tuition assistance and work-study programs. The programs listed below are only a sample; chances are there's assistance whatever your age, background or interest. Look into any financial aid carefully; state and federal student financial aid amounts can change. For more, go to the Career OneStop Financial Aid Center at:

<http://www.careeronestop.org/FINANCIAL/FinancialAidHome.asp>

The U.S. Department of Education lets users apply online for financial aid on the Free Application for Federal Student Aid (FAFSA) website at:
<http://www.fafsa.ed.gov/>

*Another great resource for student scholarships is the **Broke Scholar** website. Members of this free service can search and apply to 650,000 scholarships totaling billions of scholarship and grant dollars. Fill out the personal profile and they can match your profile to scholarships that apply specifically to you. **Broke Scholar** can be found at:*

<http://brokescholar.com/>

Additional financial grant, loan and scholarship programs are listed below.

FEDERAL PELL GRANT PROGRAM

A nationwide, federal program. Funding varies.

FEDERAL PERKINS LOANS

Must be Missouri resident and enrolled full-time in approved Missouri school; up to \$40,000.

MISSOURI COLLEGE GUARANTEE

A need-based program for Missouri residents; award based on University of Missouri fees.

FEDERAL PLUS LOANS FOR PARENTS

Loans for parents not to exceed 10 percent. No limit, but loan may not exceed cost of attendance.

SUBSIDIZED FEDERAL STAFFORD LOAN

Enables students and their families to borrow low-interest loans directly from approved lending institutions. Maximum \$2,625 for freshman year, \$3,500 for sophomore, \$5,500 for junior and senior. Federal government pays interest.

UNSUBSIDIZED FEDERAL STAFFORD

Same as subsidized, but borrower pays interest.

CHARLES GALLAGHER STUDENT FINANCIAL ASSISTANCE PROGRAM

For Missouri residents. Up to \$1,500.

MISSOURI TEACHER EDUCATION SCHOLARSHIP PROGRAM

Must be Missouri resident. One-time scholarship of \$2,000 for students who choose teaching careers only.

MISSOURI HIGHER EDUCATION ACADEMIC SCHOLARSHIP PROGRAM \$2,000 merit award for top 3 percent of Missouri students based on American College Test (ACT) or the Scholastic Aptitude Test (SAT) scores.

MARGUERITE ROSS BARNETT MEMORIAL SCHOLARSHIP

Scholarship for employed students; amount varies.

MISSOURI SAVINGS FOR TUITION (MOST) PROGRAM

State- and Federal tax-deferred college savings program. Anyone - parent, grandparent, relative – can open and contribute to a MOST account. \$8,000 annual maximum, lifetime account maximum of \$235,000.

FEDERAL SUPPLEMENTAL EDUCATIONAL OPPORTUNITY GRANTS

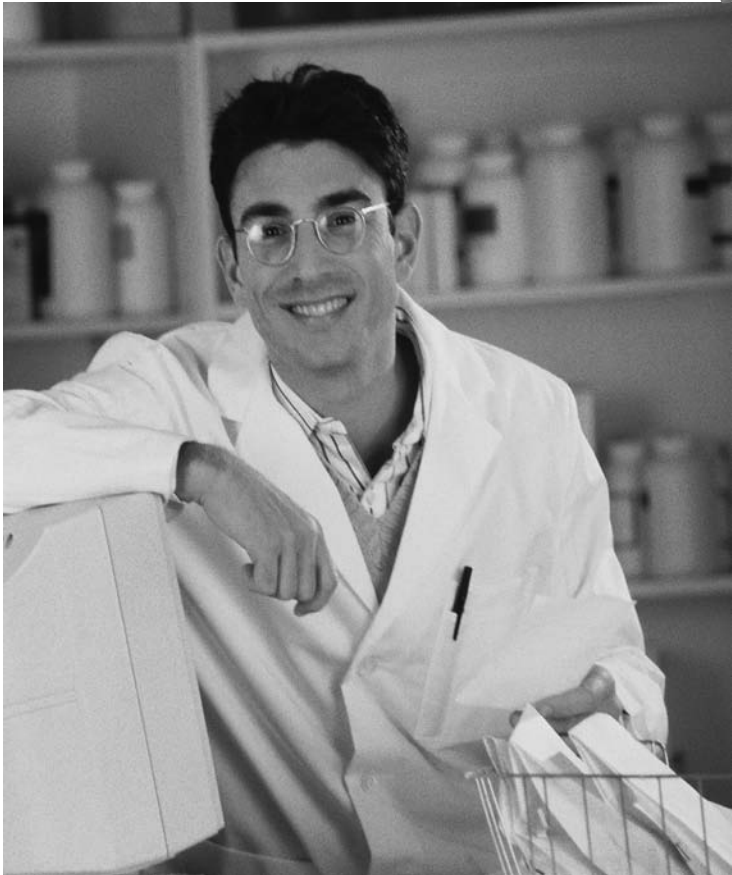
For undergraduates who can demonstrate exceptional financial need. Gives priority to students who receive Federal Pell Grants. Up to \$4,000.

FEDERAL COLLEGE WORK-STUDY PROGRAM

Provides jobs for undergraduate and graduate students. Wage varies, but must be at least minimum wage.



GET THE JOB!



GET THE JOB!



In this section, you'll learn valuable tips for writing a resume, the art of filling out an application, how to write a cover letter that demands attention, successful job hunting tips (hint: most jobs never make the papers), how to job shadow and network, what an information interview is and how to make it work for you, and how to wow 'em during an interview. Good luck!

One of the more valuable resources for Missouri job seekers is Great Hires, Missouri's Workforce Resource. Find the following resources at:

www.greathires.org

You can access thousands of Missouri jobs with job matches based on skills as well as job titles; job market search feature to find openings by title, skill set, field of study, or zip code; personal home page to store searches, position descriptions, and communication with businesses; and on-line unemployment insurance claim reporting (available in Missouri Career Centers). All greathires.org users can receive personal assistance from staff at Missouri Career Centers. Find your local Missouri Career Center by clicking on the "Missouri Career Center" logo of the website or by calling **1-888-728-JOBS**. There is a list of Career Centers later in this section. Other good resources include **www.careeronestop.org** and America's Job Bank, **www.ajb.org**

RESUME TIPS

You should use a resume because:

- It introduces you to the employer and creates the first impression.
- It helps set you apart from the crowd in the interview screening process.
- It jump-starts the process of selling you to prospective employers.
- It summarizes your qualifications and experience.

Things to keep in mind when creating a resume on-line:

- Have your personal information organized before you begin entering data.
- Review your electronic resume for spelling errors or incorrect entries.
- If you are using a personal computer in a resource room of a one-stop career center, a public school or public library, there will be someone there to assist you with questions.

What information should I include?

Personal Data: Include your name, permanent and present addresses, phone numbers and e-mail address.

Education and Training: List most recent schools and training.

Work Experience: Cite experience relevant to the job you are seeking.

School or Community Activities: Include leadership positions you have held.

References: The preferred method is to list your references' name, titles, addresses and phone numbers on the resume, cover letter or on a separate sheet. Don't say "Available on Request."

Miscellaneous: Include information such as military service, special skills or knowledge, or membership in professional organizations.



There are two ways to organize your resume:

1. **Skill-Based Method:** Emphasizes skills and abilities gained in previous jobs, activities and accomplishments. Divides qualifications into major functions and provides a brief listing of jobs and dates held.
2. **Reverse-Chronological Method:** Arranges work experience according to date. Highlights a strong work history for someone with experience.

The Skill-Based Method

Joe E. Applicant
5408 Anywhere Drive
Jefferson City, MO 65109
Phone: (573) 893-0001
E-mail address: applicant@here.now

OBJECTIVE

Seeking a career opportunity in transportation offering travel, advancement and change.

EXPERIENCE

Truck Driving: Four years' experience in over-the-road truck driving. Responsible for loading and unloading the trailer. Inspected and prepared trucks for road trips. Fueled and cleaned the trucks. Kept daily logs.

Cross Country Truck Lines- Hauled grain and steel across the United States. 5/04 - Present

XL Refrigerator Lines- Transported beef sides in eastern United States. 12/01 -2/04

Machining: Five years' experience operating machines in a factory setting.

M & M Machine- Set-up and operated automatic screw machines. Read blueprints and assisted in keeping tolerances to within +/- .0001 inch. Checked work using precision measuring instruments. Trained employees on machine operations. 5/99-11/01

Waterloo Machine Shop- Drilled and bored holes with a radial drill press. Laid out blueprints on steel sheets prior to cutting steel patterns. Kept work area clean. 10/96-3/99

Construction: Seven years' experience in the construction trades.

ABC Construction- Estimate and bid jobs. Set forms, poured and finished concrete for riverways, foundations, steps and patios. 7/93- 10/99

XYZ Building and Supply- Waited on customers and assisted them in selecting home improvement materials. Operated a cash register. Knowledgeable about building material products. 3/92-7/93

EDUCATION

Valley Community College, Topeka KS
Blue Hills Technical Center, Canton MA

Machinist Certificate 5/00
Mechanic Certificate 6/01

The Reverse-Chronological Method

Joe E Applicant
5408 Anywhere Drive
Jefferson City, MO 65109
USA

Home Phone: (573) 893-0001
Cell Phone: (573) 751-2240
E-mail: applicant@here.now

Objective:

Seeking a career opportunity in transportation that offers travel, advancement and change.

Employment History:

Cross Country Truck Lines
5666 Cherry Lane
Cheyenne, WY 87567
5/04 - Present

Grain and Steel Transporter

Hauled grain and steel across the U.S.

XL Refrigerator Lines
2858 Mill Drive
Boston, MA 26547
12/01 - 2/04

Beef Side Transporter

Transported beef sides in eastern U.S.

M & M Machine
9090 River Rd.
Topeka, KS 60578
5/99 - 11/01

Machinist

Set up and operated screw machines.

Trained new employees on machine operation.

Education, Licenses and Certificates:

Valley Community College
Topeka KS

Machinist Certificate 5/00

Blue Hills Technical Center
Canton MA

Mechanic Certificate 6/01

Awards

Employee of the Month, Cross Country Truck Lines 11/04 and M & M Machine 6/01

References

Gil Mechnic, Jr.
1919 Robot Way
Columbia, MO 65203
(573) 111-1111
mechnic@here.now

Harry B. Truckner
12 Mack Way
Taos, MO 61111
(573) 111-1111
hbtruckner@here.now

Resume Checklist

Did you:

- ___ Emphasize your assets; show how your skills meet the employer's needs?
- ___ Write in a truthful, clear and concise manner?
- ___ Say what you wanted to say?
- ___ Use action verbs?
- ___ Outline your work history, education, references, etc. on one to two pages?
- ___ Write your resume in a business-like way?
- ___ Proof for typing, grammatical and spelling errors?
- ___ Rewrite the resume several times?
- ___ Print your resume on high-quality paper for a professional image?
- ___ Include only relevant information?
- ___ Check phone numbers, addresses, and e-mail addresses?

A resume should be:

- Brief: Most resumes are only scanned. Try to keep it short!
- Clear: Use simple statements.
- Neat: Well typed or printed.
- Honest: 80 percent of employers verify resumes.

Resources: *Ready to Go Resume*, Yana Parker

APPLICATIONS

A potential employer asks you to fill out a job application. You take it as a sign that the company is interested in you, so you eagerly comply. But as you start filling out the job application, you realize that the extra resumes you brought don't include your former employers' addresses and phone numbers, as resumes typically don't. Until now, you haven't had to recall the street number of the residence where you lived six years ago, so you draw a blank. You can remember your references' names, but not their business phone numbers. You start to get nervous and can't even remember the grade point average you are so proud of. So, you have to sheepishly ask if you can take the job application home, like some little kid who didn't do his homework.

Employers are usually in a hurry to fill vacant positions, because the longer it takes, the more it costs them. If they're interested in hiring you, they want to get the ball rolling right away with plenty of leeway for completing paperwork, including time-consuming background, credit and reference checks.

Remember that your resume is only a calling card. Employers often want you to fill out a job application on the day of your first round of interviews, because that's what they really need to start the ball rolling. So one of the worst things you can do is to turn in an incomplete job application or delay the process by asking to take it home. Don't get beat by competing candidates. *Source:* <http://www.about.com>

Here are some tips for successfully completing an application

1. Read directions before you write.
2. Be prepared. Take all the information you might need with you:
 - Dates and addresses of all last work experience (paid and volunteer)
 - Names and addresses of schools attended and references
 - License numbers, social security number, health card, etc.
 - Resume
3. Print neatly. Make sure spelling and grammar is correct. Take two copies of the application, just in case you make a mistake. Be absolutely sure that your writing is legible.
4. Answer all items or explain any items left blank.
5. Include any and all skills that apply to this job (including hobbies, clubs, volunteer work, etc.).
6. Pitch your skills and experience to match what you think the employer is looking for. Don't sell yourself short; include information that would give the employer a better picture of your special talents and skills.
7. If there are problems or questions about your health, legal status, or reasons for leaving school or jobs, try to be as positive as possible and leave long explanations for the interview. Be prepared to deal with the questions later.
8. Take your own pen! Black ink only. Don't assume the company stocks pens.
9. Have someone proofread your application if at all possible.
10. *Take the time to do it right.* Work quickly and efficiently, make sure all information is complete and correct, then hand it in.

You can find some sample job applications at: <http://www.nhlink.net/employme/example.htm>

Another excellent application resource can be found at: <http://jobsearchtech.about.com/od/interview/l/aa041000.htm>

COVER LETTERS

Send a cover letter whenever you send a resume.

A cover letter:

- Explains why you are sending your resume.
- Gets the employer interested in your resume.
- Targets the resume to a specific position or career field.

What should I include?

Cover letters are clear and concise. They usually have three to four paragraphs consisting of the opening, the body and the closing.

The opening

- State why you are writing.
- Indicate the position you would like to apply for and how you learned of the opening.
- Get the employer's interest by touching on your skills.

The body

- Don't repeat all of the information in your resume.
- Direct the employer's attention to the skills that make you right for the job.
- Point out what you can contribute to the company, not what you want from them.
- Mention that your resume is attached for more details.

The closing

- Indicate that you look forward to meeting the employer.
- Take the initiative and let the employer know how and when you will contact him or her to set up an appointment.
- Use phrases like "get together" or "meet with you" instead of "interview."

Cover Letter Checklist

Have you:

- ☐ Included your complete return address, phone number, and e-mail address?
- ☐ Chosen appropriate salutations (Dear Mr./Ms./Mrs.)?
- ☐ Chosen a business-like format?
- ☐ Written an introductory paragraph that grabs attention?
- ☐ Highlighted key strengths and abilities?
- ☐ Demonstrated how your abilities would be a valuable asset to the company?
- ☐ Stated your relevant education and experience?
- ☐ Proofread for typing, grammatical and spelling errors?

Resource: The Perfect Cover Letter, Richard H. Beatty, John Wiley & Sons, Inc.





SAMPLE COVER LETTER FORMAT

Your return address

Date

Name _____, Title _____

Company _____

Address _____

Dear Mr./Mrs. _____:

(Opening) I am interested in applying for the position of _____, which was listed in/which I learned from _____.

(Body) My qualifications for the position include _____

_____. My enclosed resume includes further details.

(Closing) I look forward to meeting with you to discuss my qualifications. I will call your office within the next week to confirm a convenient day and time.

Sincerely,

Your name and signature

JOB HUNTING

Hunting for a job is a difficult process. Finding the ideal job is up to you. The **traditional** job-hunting approach involves looking in newspaper want ads, searching through help-wanted notices on bulletin boards, going to employment agencies and applying for available jobs at personnel departments. The key component is that you are reacting to a publicly offered job. With the nontraditional or **active** job-hunting strategy, you do not wait until there is a job opening but use techniques that lead you to jobs before they are ever publicly announced. When you're proactive sometimes a new job may be created for you.

Active Job Hunting Top Ten

1. The best jobs go to the best job hunters and not necessarily to the most qualified people.
2. Thinking is vital to your finding a good job—your fears and anxiety about finding work may keep you from thinking.
3. People hire you because you have something to give to them, not because you need a job.
4. Ask potential employers and job contacts for advice. They love it. Ask for their advice about positions, companies and opportunities. Do not ask for a job.
5. Going strictly by the book is only likely to get you in the book and not the job. Think of new and creative solutions to an employer's problems or to your job hunt.
6. Use the Internet and telephone. These are fast ways to get enormous amounts of relevant information. Never ask for a job over the phone.
7. Resumes can be like junk mail. Do not rely on the resume as your only method of finding a job.
8. Learn to speak the language. Each field has words and phrases with special meaning.
9. A word of advice about personnel offices and employment agencies: they see many people looking for jobs, so their goal becomes screening people out, not in. Employment agencies never work as hard for you or care as much about your job search as you do.
10. The person at the top may be waiting for you. You will probably be rejected many times. However, the president, department head, chief executive officer or owner may be willing to talk directly to you about a future position.

Traditional Approach Versus Active Approach

Traditional Advantages

- It provides a familiar structure.
- Applicants who look good on paper have an edge.
- People with interests and skills that fit standard positions have an edge.

Disadvantages

- Less than 50 percent of jobs are obtained this way.
- The emphasis is on fitting a person to a job, not a job to a person.
- People wanting to make a career change or transfer skills to other areas are often overlooked.
- People seeking to blend skills rarely find positions this way.

Active Advantages

- Allows you to find unadvertised jobs.
- De-emphasizes comparison with others, highlights your unique skills.
- Allows you to find out a lot about the potential employer.
- Allows you to create a job using your unique skills.

Disadvantages

- It is an unfamiliar approach for many job seekers.
- It requires time and energy.
- It requires assertiveness and a take-charge attitude that some find difficult.

Seven New Rules of the Working World

1. **Be a Jack/Jill of All Trades-** The most employable worker is the multi-skilled, versatile worker.
2. **Get an Edge and Keep it Sharp-** Identify what you do best and continuously strive to improve upon and upgrade your skills.
3. **There Is No “I” in Team-** Today’s workforce is a partnership of employees who can interact with each other and apply their individual strengths for the good of all.
4. **Born to be Wired-** There is no substitute for computer and technology skills.
5. **Watch Your Language!-** The ability to express yourself clearly and precisely is one of the skills employers value the most.
6. **May I Help You?-** The ability to maintain good customer relations is one of the most sought-after skills in any business.
7. **Networking Works-** You will always benefit from building a relationship with people both inside and outside the workplace.

Source: Connecticut Career Resource Network

JOB SHADOWING

What is job shadowing?

Job shadowing is a temporary, unpaid exposure to the workplace in an occupational area of interest. You’ll witness firsthand the work environment, skills, the value of professional training and potential career options. Job shadowing is designed to increase career awareness, help model your career through example and reinforce the link between learning and work requirements. Job shadowing is limited because you can only observe. Direct work experience, responsibility and skills are not acquired. Who would you like to shadow? The governor’s wife? An eighth grade West Virginia boy did in 2006.

Where do you shadow?

Almost any workplace is a potential job shadowing site. (But not usually the governor’s mansion!) Check out the programs through your current or future school, but be aware that safety or security regulations may prohibit job shadowing in some industries.

For more information on job shadowing, go to:
www.jobshadow.org



NETWORKING

Did you know that 80 percent of all job openings never reach the general public? Most people find jobs by directly contacting an employer or by word-of-mouth. It is not luck. There are definite strategies job seekers can use to tap into the hidden job market. Successful job hunters learn to develop their own job leads. They make contacts with employers before positions become available. They also use whatever contacts they have to learn of prospective openings. They work at developing new ones, too—that's networking. Keep in mind networking requires time, energy and planning.

Start by contacting people you already know. Your friends, family, neighbors and co-workers can all be part of your initial network. Don't hesitate to let people know you are job hunting; it is part of the job search process.

Give your contacts adequate information. Specify your skills, qualifications and the type of job you are pursuing. Give everyone a copy of your resume.

Expand your networking contacts. Networking is not limited to job leads. Your contacts can provide useful information about businesses and industries and referrals to people in your field. It is up to you to follow through on information you are given. Try to talk with the people who hire. As your network expands, the prospect of finding a job increases.

Keep records of your networking. Record the names of the people you contact and the information they provide. An index card filing system provides organization and a visual reminder of your progress.

Follow up as you establish your network. Maintain contact with people in your network. Remind them that you are still committed to your job search. Let them know of your progress. If someone is helpful, write a thank you note.

Be aware of the impression you make. Treat everyone with courtesy and respect. First impressions count. Never be rude, and never try to pressure anyone into finding you a job. Go over what you want to say beforehand if you are nervous. Always express your appreciation to anyone who takes the time to speak with you.

Adapted from *Job Hunting: A Self-Directed Guide* by Lauren Collins and Charlie Mitchell.

Ten Networking Tips

(Adapted from *Networking* by Mary Scott Welch.)

1. Do give as much as you get.
2. Don't be afraid to ask. Use your network!
3. Don't ignore your obvious networks: friends, family, clubs, church.
4. Do report back to the network or individual about your progress.
5. Do follow up on leads.
6. Don't expect your network to function as a placement office.
7. Don't be discouraged if someone brushes you off.
8. Do refine your questions so that people can respond.
9. Do keep expanding your network.
10. Do accept advice when you've asked for it - avoid the "yes but" response.

Examples of Networking Techniques

“I’m looking for an entry level job in events management -- Do you know anyone who is working as a convention planner or events manager? Do you know anyone who works for X company or Y company? Can you give me their name and telephone number? May I say that I got his/her name from you?”

“Hello, Mr. Wise, my name is Bill Wynn. Martha Pabon suggested I speak to you about a career change I’m considering. I was a financial analyst with Mammoth Bank for seven years. Since their merger, I’ve been exploring options in finance and accounting. I’d like to meet with you next week for about 20 to 30 minutes to get any advice you have to offer. Would Tuesday morning be convenient?”

Maintaining Your Momentum

Find ways to handle stress. Job hunting is energy draining, nerve-racking and frustrating. Too much stress can cause fatigue, feelings of helplessness or burnout. When you feel stressed, take time to renew yourself through a favorite activity or hobby. Alcohol or drugs won’t help. Exercise is a great stress reliever. Eat well, too. You will be able to return to your job search energized and confident.

Develop a support group. There may be times during the job search when you feel discouraged and down on yourself. Find at least two people who support your goals and with whom you feel comfortable talking. When you are discouraged, call these people and share your progress.

Set realistic short-term goals. Focusing only on your major goal can be overwhelming. Break your job search down into a series of small steps. This will help you monitor your progress, make your efforts more efficient and provide a sense of satisfaction as you complete each task. If your major goal is to find a job within the next three months, your short-term goal could be to contact at least three employers this week.

Avoid stops and starts. Putting continuous effort into your job search is better than an on-again, off-again job search. Many job hunters focus all their attention on one job lead. If rejected, they don’t do any job hunting until the next big lead comes along. This style is not good because it puts too much emphasis on one job. Effective job hunters always look for job leads.

Learn to cope with rejection. Rejection is part of life. For every positive response, you will receive a number of negative responses. Receptionists may be unhelpful, personnel directors may not return calls, companies may insist they cannot use you. Don’t take it personally.

Do not procrastinate. If you are procrastinating writing your resume or calling employers, do something to get yourself going. If you are a procrastinator by nature, now is the time to overcome a bad habit. There are a number of self-help books on procrastination available at libraries and bookstores.

Reassess your job-search progress. Occasionally reassess your goals and your general progress. Are there unforeseen obstacles? Do certain skills need improvement? Do you need more information? You may need to adjust your goals or take new measures to meet them. Seek assistance, advice and suggestions when needed. An obstacle need not end your job search.

INFORMATION INTERVIEWING

What is an information interview?

It's the process of gathering information through contacts. The most successful job hunters spend time talking to people and actively listening in various businesses and organizations before seeking job interviews.

Information interviewing may help you:

- Tap into a valuable source of career information.
- Gain a better idea of how your experiences can fit specific industries or fields.
- Learn firsthand what type of work environment different jobs offer.
- Decide what you want to do.
- Target your job search and market your skills effectively to employers.
- Build confidence in approaching others.

Where to begin?

- Chambers of Commerce often provide listings of area businesses
- Area Extension specialists
- Educators
- Guidance counselors
- Community workers
- Telephone directories
- Internet

What are some typical questions?

- What is a typical day like for you?
- What do you like least/most about your job?
- What types of changes are occurring in your field?
- How did you get into this type of work?
- What is your background?
- What types of skills or training are needed for this job?
- What type of advancement opportunities does this company offer?
- How do salaries in this field compare with other fields?
- What suggestions do you have for someone who is interested in this type of work?
- Whom do you suggest I talk to for further information?
- May I use your name in contacting them?

Guidelines for an information interview

1. Your primary goal is to gather information, not to develop job leads.
2. Talk with the everyday people who are doing the type of work you might like to do.
3. Review what is available on the Web or in print about a particular career, company, organization or business before you interview others.
4. Ask for an appointment ahead of time.
5. Get permission to use someone's name when making contacts.
6. Keep records of the information you receive.
7. Send a thank-you note after the interview.

Other references:

Stoodley, Martha. *Information Interviewing: What it is and How to Use it in Your Career*.

Eight Keys to Being a Valued Worker

1. Personal Values

Valued Workers:

- Are honest
- Are motivated
- Have personal and career goals
- Have a positive self-image
- Reach beyond personal limitations
- Exhibit a good attitude

2. Problem-Solving/Decision-Making Skills

Valued Workers:

- Are flexible
- Are creative and innovative
- Can reason and make objective judgments
- Adapt to change
- Plan and organize work

3. Relations with Other People

Valued Workers:

- Are team workers
- Are friendly
- Are cooperative
- Are tactful
- Have leadership qualities
- Respect the rights and property of others
- Accept authority and supervision
- Respect constructive criticism
- Respect diversity

4. Communication Skills

Valued Workers:

- Ask questions and listen well
- Express themselves clearly
- Seek help when needed
- Notify supervisor of absences

5. Task-related Skills

Valued Workers:

- Complete work on time
- Work neatly and accurately
- Care for tools and materials
- Follow directions
- Complete tasks
- Work to improve their performance

6. Maturity

Valued Workers:

- Are reliable and dependable
- Accept responsibility
- Show pride in their work
- Are willing to perform extra work and work overtime
- Work well without supervision
- Show initiative
- Are assertive when necessary
- Have confidence in themselves

7. Health and Safety Habits

Valued Workers:

- Observe safety rules
- Take an interest in good health habits
- Dress appropriately
- Practice good personal hygiene

8. Commitment to a Job

Valued Workers:

- Want to learn more
- Are enthusiastic
- Give their best efforts
- Are punctual and have good attendance
- Exhibit loyalty to their company
- Show concern for their future





INTERVIEW TIPS

Take a deep breath. You have one final hurdle between you and your dream job – the interview.

Know Yourself. Reassess your skills, abilities, experiences and accomplishments. Be ready to respond to questions about yourself; be able to communicate how you can meet the employer's needs.

Research the Job. Before the interview, learn as much as you can about the organization. Research the product manufactured or the service provided. Resources include the Internet, company literature and brochures, telephone books and Chamber of Commerce publications. Friends, libraries and networking contacts also may be good sources.

Listen Carefully to Interview Questions. Some questions may have several interpretations. If this occurs, state what you think you were asked, or ask for more specific information before responding. For some questions, you may need a few seconds to think about your response before answering. That's okay; better to pause than babble.

Practice Makes Perfect. Practice answering interview questions—but don't memorize answers. It is more important to be prepared for a variety of questions. Practice with a friend or family member. Imagine yourself in an interview responding successfully to the questions and feeling good about your answers.

Show Enthusiasm. Indicate to the employer that you are interested. Medley, in *Sweaty Palms*, says enthusiasm, sincerity, tact and courtesy are important qualities to communicate to the interviewer. Be as natural and comfortable as possible.

Dress for the Interview. Project an image that matches the requirements of the job and the company. Feel great about the way you look.

Salary and Benefits. Salary is almost always an interview concern—despite its importance, don't bring it up first. Generally, interviewers will not want to discuss salary until they have formed a favorable impression of you. It is helpful if you can find out what the position pays when researching the company.

Handling Potentially Discriminatory Questions. By law, pre-employment inquiries may not be asked that may discriminate on the basis of race, color, religion, sex, national origin or age. Medley, in *Sweaty Palms*, says if your reply can't hurt you, answer the question, but let the interviewer know that you know the law. Try to respond with more appropriate job-related information.

Questions you may be asked at your next job interview

- Tell me about yourself.
- What courses did you like best in school?
- Tell me about your previous work experience.
- What are your career goals?
- What do you consider your greatest strengths and weaknesses?
- What do you know about this company?
- What qualifications do you have that would make you successful?
- How much money do you expect to make?
- Have you ever been fired from a job?
- Why should I hire you?

Other Resources

Medley, Anthony, H. *Sweaty Palms, The Neglected Art of Being Interviewed.*

Fry, Ron. *101 Great Answers to the Toughest Interview Questions.*

Krannich and Krannich. *Interview for Success.*

Fein, Richard. *111 Dynamite Ways to Ace Your Job Interview.*

Top 10 questions YOU should ask the interviewer

- What are the job responsibilities?
- What are the promotion policies?
- What type of person do you need to fill this position?
- What do you like most about (name of company)?
- How are the goals and objectives set at (name of company)?
- What is the work/educational background of your employees?
- Can you tell me something about the department/area/location in which I'd be working?
- Would there be a training period, or would I start immediately?
- How would I be evaluated?
- What do you see happening 10 years from now at (name of company)?



Don't forget to say thank you!

Follow up on your interview with a thank you. Writing a thank-you note is another chance for you to stand out positively from the crowd. Common courtesy says you should always thank people for taking the time to interview you and provide you with information. But there are solid career reasons, too.

A thank you letter

- Reminds the employer of your skill and enthusiasm for the position.
- Helps the employer remember you.
- Leaves a good impression in the interviewer's mind.
- Encourages her or him to offer you a job or provide further contacts.

CAREER AGENCIES

WORKFORCE DEVELOPMENT

The Division of Workforce Development strives to provide jobseekers with access to jobs with increased earning potential and provide employers with a skilled workforce. Each year, thousands of jobseekers receive services from the Division and other workforce system partners that include finding job openings, being referred to jobs and training services, obtaining labor market information or learning how and where to seek employment on their own.

Missouri Career Centers are located in many communities around the state. These centers are equipped with personal computers for word processing, resume templates and Internet access; fax machines; telephones; and newspapers which are accessible through self-service resource rooms. All are available to aid Missouri's job seekers in their search for employment.

Job seekers and employers are able to link together through the Internet at **www.greathires.org** 24 hours a day. This website also allows job seekers to view thousands of Missouri job openings. They may review career information, create a resume and post it so that it may be seen by employers locally, across the state, or nationwide.

Veterans receive first priority referral to all jobs and training opportunities for which they are qualified. Many locations have a representative who specializes in helping veterans. Referrals to the U.S. Department of Labor-Veterans' Employment and Training Service is also available for access to additional services for veterans.

Additional information regarding the programs and services offered may be found by contacting the Missouri Career Center in your area. Call 1-888-728-JOBS (5627) to be connected to the Missouri Career Center nearest you.

Auxiliary aids and services are available upon request to individuals with disabilities. The Missouri Division of Workforce Development is an Equal Opportunity Program/Employer.



CAREER CENTERS

Arnold

3675 West Outer Road, Ste. 102
Arnold, MO 63010-5231
636-287-8909
636-287-8932 (Fax)
arnold@ded.mo.gov

Branson

2720 Shepherd of the Hills Exprwy.
Ste. D3
Branson, MO 65616-8103
417-334-4156
417-334-4159 (Fax)
branson@ded.mo.gov

Camdenton

106 West Highway 54
P.O. Box 66
Camdenton, MO 65020-0066
573-346-5616
573-346-2007 (Fax)
camdenton@ded.mo.gov

Cape Girardeau

216 North Fountain Street
Cape Girardeau, MO 63701
573-290-5766
573-290-5746 (Fax)
capegirardeau@ded.mo.gov

Caruthersville

913 Highway 84 West
Caruthersville, MO 63830-8113
573-333-0409
573-333-1073 (Fax)
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Chillicothe

601 W. Mohawk Road
Chillicothe, MO 64601-3919
660-646-0671
660-646-5803 (Fax)
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1661 North Second Street
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660-885-8541 (Fax)
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Columbia, MO 65202-1921
573-882-8821
573-884-5055 (Fax)
columbia@ded.mo.gov

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4040 Seven Hills Dr, Ste 166
Florissant, MO 63033-6767
314-877-3010
314-877-3020 (Fax)
florissant@ded.mo.gov

Ft. Leonard Wood

Room 2203, Building 470
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573-596-0294
573-596-0281 (Fax)
fortwood@ded.mo.gov

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203 North Sixth Street
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573-248-2520
573-248-2526 (Fax)
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816-325-5825 (Fax)
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1716 Four Seasons Drive, Suite 101
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573-526-8115
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Joplin

730 South Wall Avenue
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417-629-3011 (Fax)
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1740 Paseo
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816-471-2330
816-471-2136 (Fax)
rroyston@ded.mo.gov

Kansas City Northland

3100 NE 83rd Street, Ste. 1201
Kansas City, MO 64119-4465
816-437-3635
816-468-1943 (Fax)
gladstone@ded.mo.gov

Kansas City South

6801 A Longview Road
Kansas City, MO 64134-3315
816-325-1000
816-325-1010 (Fax)
kansascitysouth@ded.mo.gov

Kennett

1100 South By-Pass, Ste. 2
Kennett, MO 63857-3738
573-888-4518
573-888-1324 (Fax)
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2639 S. Jefferson Ave, Ste. 1
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802 South Route 13
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660-259-4671
660-259-2791 (Fax)
lexington@ded.mo.gov

Maryville

Community Services, Inc.
1212B South Main Street
Maryville, MO 64468
660-582-8980
660-582-8975 (Fax)

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3626 B South Clark
Mexico, MO 65265-4104
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573-581-4590 (Fax)
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1212 West Highway 24
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660-263-3901 (Fax)
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511 S. Tyler St.
Monett, MO 65708-9313
417-235-7877
417-235-9467 (Fax)
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621 East Highland Avenue, Suite 3
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417-448-1177
417-448-1139 (Fax)
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16 South Coffman
Park Hills, MO 63601-2552
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573-431-8073 (Fax)
parkhills@ded.mo.gov

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1903 Northwood Drive
Poplar Bluff, MO 63901-2300
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573-840-9594 (Fax)
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Rolla

1202 Forum Drive
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573-364-1865 (Fax)
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417-888-4076 (Fax)
springfield@ded.mo.gov

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212 Turner Blvd.
St. Peters, MO 63376-1079
636-278-1360
636-278-1843 (Fax)
stcharles@ded.mo.gov

St. Joseph

301 South Seventh Street
St. Joseph, MO 64501-2284
816-387-2380
816-387-2029 (Fax)
stjoseph@ded.mo.gov

St. Louis Central

4811 Delmar Boulevard
St. Louis, MO 63108-1732
314-877-0916
314-877-0931 (Fax)
stlouiscentral@ded.mo.gov

St. Louis Cty. Deer Creek

3256 Laclede Station Road, Ste. 103
St. Louis, MO 63143-3753
314-877-0001
314-877-0022 (Fax)
stlouiscountydeercreek@ded.mo.gov

St. Louis County N. Oaks

26B North Oaks Plaza
St. Louis, MO 63121-2911
314-381-6700
314-381-7247 (Fax)
vernon_square@ded.mo.gov

St. Louis County South

7545 S. Lindbergh Blvd., Ste. 140
St. Louis, MO 63125-4839
314-416-2917
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stlouiscountysouth@ded.mo.gov

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314-589-8000
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info@stlworks.com

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636-239-0329 (Fax)
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West Plains

3417 Division Drive, Suite 1
West Plains, MO 65775-5789
417-256-3158
417-256-8059 (Fax)
westplains@ded.mo.gov



EDUCATIONAL OPPORTUNITY CENTERS

Educational Opportunity Centers help people match their interests and strengths with appropriate college majors and career opportunities. The Higher Education Center of St. Louis and the U.S. Department of Education sponsor the Educational Opportunity Center. Services are provided free of charge. Anyone may use the Center's services.

Individuals wanting to further their education can get help in:

- Career exploration
- Interest inventory testing
- College and vocational/technical school selection
- One-on-one educational counseling
- Financial aid application assistance
- Admissions application assistance
- Choosing a right course of study
- Helping build self-confidence
- Student loan default remedies

Educational Opportunity Centers are located throughout Missouri and three full-time locations in Illinois and Kansas.

Illinois

Alton

651 E Broadway
Alton, IL 62002
618-465-5124

Belleville

110 N High, Ste 1
Belleville, IL 62220
618-235-1776

East St. Louis

East St. Louis Higher Educ. Campus
Building B, Second Floor, Suite 2079
601 James R. Thompson Boulevard
East St. Louis, IL 62201-3027
618-271-2643

Missouri

Forest Park

4495 Forest Park Ave.
St. Louis, MO 63108
314-535-6670

Kansas City

3100 Main Street
Kansas City, MO 64111
816-759-4400

Midtown St. Louis

1408 N. Kingshighway, Suite 107
St. Louis, MO 63113
314-367-8100

Neosho

P. O. Box 688
Neosho, MO 64850
417-455-5608

Northside St. Louis

13 North Oaks Plaza
Natural Bridge at Lucas & Hunt
St. Louis, MO 63121-2911
314-385-4005

Southside St. Louis

4644 Gravois Ave.
St. Louis, MO 63116-2446
314-352-4113

Kansas

Kansas City

4th and State Avenue, Ste. 105
Kansas City, KS 66101
888-320-4097

Lawrence

The University of Kansas
305 Joseph R. Pearson Hall
Lawrence, KS 66045
888-320-4097

Topeka

1111 SW Gage, Ste. 300
Topeka, KS 66604
785-272-5828

VOCATIONAL REHABILITATION CENTERS

What is Vocational Rehabilitation?

It is a program that helps persons with a physical or mental impediment obtain employment.

Eligibility

If you answer “yes” to each of the following questions, you may be eligible for vocational rehabilitation services.

- Do you have a physical or mental impairment?
- Does your impairment make it difficult for you to be employed?
- Can Vocational Rehabilitation services assist you in returning to employment?

Where to apply?

Contact the nearest Vocational Rehabilitation Center or write to the following address:

Coordinator

Vocational Rehabilitation

3024 Dupont Circle.

Jefferson City, MO 65109

573-751-3251

<http://vr.dese.mo.gov>

What services may be provided?

- Vocational guidance.
- A doctor’s examination to evaluate the extent of your disability.
- Medical and hospital care to reduce your disability so that you can work.
- Such items as artificial arms and legs, braces, wheelchairs or hearing aids to increase your ability to work.
- Job training. This may include college education, commercial or trade school, or on-the-job training.
- Work evaluation and adjustment.
- Transportation allowance while you are receiving medical treatment or job training arranged by your counselor.
- An allowance sufficient for noon meals if you receive job training in your home community.
- The cost of room and board if you are receiving job training away from your home community.
- Equipment that you will need when you are ready to go to work (including tools and a license if you need one).
- Help in finding a job.
- Help in solving problems that you may run into on the job.

A specialized service is the Rehabilitation Services for the Blind (RSB). RSB is a vocational rehabilitation service provided by the Missouri Department of Social Services, which offers people who are blind and visually impaired services and training leading to success in employment.

If you are interested in the services offered by Rehabilitation Services for the Blind, please visit the website at: www.dss.mo.gov/fsd/rsb/vr.htm, call toll free at 1-800-592-6004, or send an e-mail to Michael.L.Merrick@dss.mo.gov

VOCATIONAL REHABILITATION CENTERS

Cape Girardeau

PO Box 1087
3102 Blattner Drive, Suite 103
Cape Girardeau, MO 63702
573-290-5788; 877-702-9883
TDD: 573-290-5385; Fax: 573-290-5921

Chillicothe

603 West Mohawk
Chillicothe, MO 64601-3919
660-646-1542; 866-572-4049
Fax: 660-646-9741

Columbia

1500 Vandiver Dr., Suite 111
Columbia, MO 65202-1563
573-882-9110; 877-222-8961
Fax: 573-884-5250; TDD: 573-882-9117

Farmington

PO Box 230
901 Progress Drive
Farmington, MO 63640-9157
573-218-6100; 800-640-7110
Fax: 573-218-6107; TDD: 573-218-6119

Hannibal

112 Jaycee Drive
Hannibal, MO 63401-2275
573-248-2410; 877-222-8960
Fax: 573-248-2409

Jefferson City

1500A Southridge Dr.
Jefferson City, MO 65109-1135
573-751-2343; Fax: 573-526-4474

Joplin

801 E. 15th Street
Joplin, MO 64804-0922
417-629-3067; 877-222-8964
Fax: 417-629-3148

Kansas City Downtown

615 East 13th St.
KC State Building Room G-3
Kansas City, MO 64106-2870
816-889-2581; Fax: 816-889-2586

Kansas City East

243 NW Executive Way
Lee's Summit, MO 64063
816-622-0600; Fax: 816-662-0610

Kansas City North

310 NW Englewood, Suite 300
Gladstone, MO 64118-0040
816-467-7900; 877-270-0198
Fax: 816-467-7924; TDD: 816-270-0201

Kansas City Transition

243 NW Executive Way
Lee's Summit, MO 64063
816-622-0611; Fax: 816-622-0618

Kirksville

1412 North Osteopathy, Suite B
Kirksville, MO 63501-3581
660-785-2550; 877-222-8962
Fax: 660-785-2552

Nevada

621 East Highland, Ste. 2
Nevada, MO 64772-3971
417-448-1332; 800-598-3471
Fax: 417-448-1351

Poplar Bluff

1903 Northwood Drive, Ste. 3
Poplar Bluff, MO 63901
573-840-9550; 800-281-9894
Fax: 573-840-9551

Rolla

1101 W. Kingshighway
PO Box 550
Rolla, MO 65401-0550
573-368-2266; 800-890-2867
Fax: 573-368-2382

Sedalia

2115 W. Broadway
Sedalia, MO 65301-2114
660-530-5560, 800-924-0419
Fax: 660-530-5567

St. Charles

3737 Harry S. Truman Blvd., Suite 400
St. Charles, MO 63301-4052
636-940-3300; Fax: 636-940-3313

St. Joseph

State Office Building
525 Jules, Room 201
St. Joseph, MO 64501-1990
816-387-2280; 877-702-9876
Fax: 816-387-2089

St. Louis Downtown

3101 Chouteau
St. Louis, MO 63103
314-301-7281; Fax: 314-301-7228

St. Louis North

4040 Seven Hills Road
Florissant, MO 63033
314-877-3200; Fax: 314-877-3201

St. Louis South

3248 Laclede Station Road
St. Louis, MO 63143
314-877-1900; 877-222-8968
Fax: 314-877-1920

St. Louis West

9900 Page Ave., Ste. 104
St. Louis, MO 63132
314-877-1500; Fax: 314-877-1530
TDD: 314-877-1524

Springfield North

613 East Kearney
Springfield, MO 65803
417-895-5863; 877-222-8965
Fax: 417-895-5869; TDD: 417-895-7934

Springfield South

1735 West Catalpa, Suite C
Springfield, MO 65807
417-895-5720; 877-222-8967
Fax: 417-895-5725

West Plains

3417 Division Dr., Suite 2
West Plains, MO 65775
417-256-8294; 877-222-8959
Fax: 417-256-8479

2006-07 Missouri Career Guide

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--and countless others

We've had fun putting this together. Now have fun using it!

Neal Fandek
Michael Muin

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